CLOK LEAGUE POINT CALCULATION:

Calculation of league points will be by the following method.

1. For each course calculate the *Adjusted Length (km) = length (km) + Climb (m)/100*
2. Calculate each *Competitor Speed (min/km) = Adjusted Length / Competitor Time*
3. The following table gives a Standard Speed (min/km) for competitors of a given age / sex. These figures are from British Orienteering guidelines, and correspond roughly to the speed of leading competitors of a class.

Age	Men	Women
10	10	11
12	9	10
14	8	9
16	7.5	8.5
18	7	8
20	6.5	7.5
21	6	7
35	6.5	7.5
40	6.75	7.75
45	7	8
50	7.25	8.5
55	7.5	9
60	7.75	9.5
65	8	10
70	9	11
75	10	12
80	11	13

4. For each competitor calculate *Points = 100 x Standard Speed / Competitor Speed.* Notes:
   - A competitor running at the same speed as the standard mins per km for their age will achieve 100 points
   - The points scored is determined by a standard value, not which other competitors are present on the day
   - One drawback is that on relatively slower areas, competitor scores tend to be lower than on relatively faster areas.
5. Each year the designated events and number to count will be published.
6. In order to score points for the league competitors must run on a course deemed of technical difficulty/ length appropriate to their age. This will roughly according to the following table, unless advertised otherwise at a given event. Competitors running a higher course can still score points for the league, but not if running a lower course for their age.

Age group, Men	Age Group, Women	Colour
M21, M35		Black
M21, M35, M40		Brown
M45, M50, M55, M18, M20	W21, W35,W40,W20	Blue
M60, M18	W45, W50,W55, W18	Green
M65, M70, M75, M16	W60, W65,W16	Short Green
M70, M75, M80, M16	W60, W65, W70, W75, W80, W16	Light Green
M14	W14	Orange
M12	W12	Yellow
M10	W10	White